

* Admit You're Happy Month * Get Acquainted with Kiwifruit Month *
 * National Back-to-School Month * National Inventors' Month *

August 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
World Breastfeeding Week (8/1 - 8/7) Simplify Your Life Week (8/1 - 8/7)						
1  National Kids Day	2	3	4	5	6  What's in season? Try peaches, peppers, squash or berries!	7  National Mustard Day
8  Sneak Some Zucchini Onto Your Neighbor's Porch Night!	9	10	11	12  United Nations' International Youth Day	13	14
National Health Center Week (8/15 - 8/21)						
15  National Relaxation Day	16	17	18 Drink plenty of fluids! Water, juice and milk are better nutrition choices than soda.	19	20 Try a new fruit or vegetable today.	21  National Vinegar Day
22	23  Try a new fish or shellfish as a summer entree.	24	25	26	27  Try goat cheese today. You'll like it!	28
29  More Herbs, Less Salt Day	30	31				